

CREATE YOUR PLATE FROM 7AM TO 10PM

BREADS & BAGELS (GF & Vegan Option)

Fitness Bread (Almond & Oat Base, non-GF) 1 slice	18k
Stone Age Bread (Nut & Seed Base) 1 slice	18k
Keto Bread (Seed Base, non V) 1 slice	18k
Buckwheat Bread (Seed Base, GF) 1 slice	15k
Keto Bun (Almond & Mozzarella Base, non V)	40k
Protein Bagel Tip: add cottage cheese or ricotta to it	40k
Banana Coconut Bread	45k
Whole Wheat Multi-Grain Bread (non-GF)	20k
Sourdough (non-GF)	20k
Turkish Bread (non-GF)	25k
Seed Cracker	15k

HASHBROWNS

Potato Hash Brown (VO)	28k
Sweet Potato Hash Brown (VO)	28k

BASE FOR YOUR BOWL

VEGAN

Coconut Yogurt 120g	25k
Coconut Milk	20k
Organic Soy / Almond/ Oat Milk	25k
Chia Seed Pudding with Coconut Mil	45k
Green Smoothie Bowl	45k
Açaí Smoothie Bowl	65k
Blueberry Smoothie Bowl	55k

Pure Açaí Bowl	90k
Pure Blueberry Bowl	70k

NON-VEGAN

Yogurt 150g	25k
Fresh Milk / Skim Milk	15k

GRANOLAS & PORRIDGE Vegan & GFO

Apple Granola add base (non-GF) 60g	20k
Vanilla Granola add base (non-GF) 60g	20k
Low Carb Nutfree Granola add base (GF) 60g	25k
Oatmeal-Vanilla & Coconut Water (non-GF)	25k

Add Toppings as Fruits, Nuts, and Seeds

Walnuts/ Almonds/ Cashews/ Mix (40g)	20k
Pumpkin/ Sunflower/ Sesame/ Flax Seeds/ Mix (20g) 1	20k
Tbsp Peanut Butter (Original)	12k
1 Tbsp Protein Peanut Butter	20k
1 Tbsp Spiced Choco Peanut Butter	18k

CHEESE

Cream Cheese	20k
Feta Cheese	20k
Cheddar Cheese	20k
Cottage Cheese	35k
Ricotta	35k
Grated Parmesan	20k

FRUITS & VEGGIES

Mixed Fruit Salad S	20k
Mixed Fruit Salad L	40k
Choose: Banana, Blueberry, Papaya, Pineapple, Dragon Fruit, Apple, Pear, Orange, Seasonal: Strawberry, Mango	
Cinnamon Apple (cubes/ sauce)	25k
Cucumber (slices/sticks)	20k
Capsicum Sticks	20k
Sliced or Mashed Avocado	20k
Raw Cherry Tomatoes/ Carrots/ Beetroot	20k
Sautéed/Steamed Kale / Bok Choy	25k
Sautéed/Steamed Broccoli/ Cauliflower S	35k
Sautéed/ Steamed Broccoli/ Cauliflower L	50k
Sautéed/Steamed Green Beans	20k
Sautéed/Steamed Zoodles	40k
Sautéed/Steamed Mushrooms/ Spinach	20k
Caramelized Pumpkin Cubes/ Corn Slices	20k
Sautéed/Steamed Mix Colored Veggies S	25k
Sautéed/Steamed Mix Colored Veggies L	45k
Sautéed/Steamed Green Asparagus	35k
Additional Broccoli/ Cauliflower 20g	25k
Grilled Onion Rings	20k
Curried Cauliflower Rice	28k
Sweet Potato Grilled/Boiled/Mashed	18k
Potato Grilled/ Boiled/ Mashed	18k
Raw Mixed Color/ Green Leaf Salad	28k
Homemade Sauerkraut S	15k
Homemade Sauerkraut L	25k

Sweet Potato Chips / French Fries 28k

GRAINS & PASTA

Konjak Noodles (GF, V, Low-Cal, Low-Carb)	38k
Quinoa Pasta/ Buckwheat Noodles (Gf, V)	38k
Quinoa/ Buckwheat Grain (Gf, V)	38k
Brown Rice/ Red Rice/ Jasmine Rice (GF, V)	15k

CREATE YOUR OWN PLATE

PROTEIN

PROTEIN VEGAN

Tofu Scrambled/ Slices	25k
Tempeh S (4pcs)	20k
Tempeh L (8pcs)	35k
Lentil Patty	35k

1 Egg any style order any number	9k
4 Egg White Omelet	35k

POULTERY & MEAT

Ham (3 Slices)	45k
Premium Imported Bacon (4 Slices)	35k
Chicken Stripes S (4pcs)	40k
Chicken Stripes L (8pcs)	60k
Curried Chicken Breast filled with Feta & Dates	65k
Curried Chicken Breast filled with Spinach & Tomato Relish	65k
Homemade Beef Patty	50k
Premium Imported Beef Stripes	85k
Premium Imported Tenderloin Steak (Australian) 250g	165k
Premium Imported Rib Eye Steak (Australian) 150g	105k

FISH

Grilled Mahi Mahi Filet	65k
Grilled Tuna Steak	75k
Grilled Salmon Filet	135k
Smoked Salmon (2 Slices)	45k
Grilled Barramundi Filet	80k

SPREADS, SAUCES & RELISHES GF

Avocado Mayonnaise/ Pesto/ Tomato Ketchup/ Chimichurri/ Tomato - Chilli/ Tahini	18k
Carrot - Capsicum Spread/ Hummus	20k
Dijon Mustard	18k
Sambal Matah	18k
Chee	20k
Extra Butter (non-V)	10k

Slow cooked Tomato Sauce	25k
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TAKE ME HOME (480ml Jar)

Ghee	225k
Peanut Butter (V)	115k
Protein Peanut Butter (V)	145k

Easy ways to increase your protein intake

A high-protein diet offers many health benefits, including helping you lose weight, maintain a healthy weight, gain muscle, and improve your body composition and metabolic health. You can easily increase your protein intake in our Cafe as most of our foods are smartly combined with rich protein and low Glycemic index meals or snacks.

- Eat Protein first, then the starch
- Combine animal protein with vegan protein
- Snack on a thumb size hard cheese, 1/2 cup almonds, or 1 cup edamame
- Replace cereals with eggs, jam with peanut butter
- Choose cottage or ricotta cheese instead of cream cheese or butter
- Choose a protein shake for breakfast or late night snack
- Include 20-30g of protein in each of your meals
- Choose leaner, slightly larger cuts of meat or tempeh cooked in coconut water
- Eat food with low glycemic index and enjoy more whole grains

WAFFLES & CO

PROTEIN WAFFLES (non GF & VO, GFO)

Original Waffle	105k
Medium Waffle	80k
Baby Waffle	60k

Choose your Topping

Protein	Plant (V)/Whey Vanilla or Chocolate
Base	Ricotta/ Cottage Cheese/ Coconut Yoghurt (V)/ Original-/ Spiced Chocolate-/ Protein- Peanut Butter, Chocolate Spread
Topping	Apple-Cinnamon Sauce & Roasted Almonds/ 1 or 2 Fruits / Strawberries & Blueberries

Paleo Sweet Potato Waffle + Smoked Salmon 115k
smoked salmon, lettuce, paleo ranch dressing, sour cream, avocado mayonnaise

Paleo Sweet Potato Waffle + Chocolate 70k
chocolate spread, banana, almonds, cinnamon

Paleo Sweet Potato Waffle + Peanut Butter (V) 70k
peanut butter, banana, almonds, golden spices

Keto Choco Waffle (GF) 105k
topped with cream cheese frosting, pear and roasted walnuts

Keto Coconut Waffle (GF) 105k
topped with cream cheese frosting, starfruit

PANCAKES

Banana-Oat Pancakes (non-GF, GFO) 65k
grated coconut, fruits, maple syrup

Paleo Apple Cinnamon Pancakes (GF) 65k
maple syrup, almonds, apple sauce

ALL DAY LONG MOTION FAVORITES

FAVORITES

Avocado & Eggs I 2 scrambled eggs, sliced avocado, cherry tomatoes, feta, choice of toasted bread	85k
Avocado & Eggs II 2 poached eggs, avocado mash, cherry tomatoes, feta, mixed seeds, choice of toasted bread	85k
Avocado - Pesto Bread (V) avocado mash, cherry tomatoes, mushrooms, pesto, choice of bread	75k
Turkish Breakfast (non-GF) 2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, Turkish bread (non-GF)	85k
Big Surfer Breakfast 2 eggs any style, cheddar, ham, jam, butter, cherry tomatoes, bread, fruit juice/ salad	90k
Protein Bagel Plate 2 eggs any style, smoked salmon & fresh dill, green asparagus, cucumber slices, protein bagel Choose between cottage or ricotta cheese	125k
Paleo Plate 2 poached eggs, sweet potato hash brown, spinach, tomato relish	75k
Paleo Fit & Slim I 3 egg white omelet with spinach, tomato, smoked salmon, seeds, and herbs	75k
Paleo Fit & Slim II 3 egg white omelet with spinach, tomato relish, avocado slices, mushrooms	65k
Mega Omelet 3 eggs omelet with capsicum mix color, ham, cheddar, choice of toasted bread	85k
Turkish Omelet 3 eggs, spinach, tomato relish, feta cheese, fresh herbs, choice of toasted bread	85k
Keto Ham-Zucchini Muffin Plate (GF) green leaf salad and avocado slices with chimichurri sauce	70k
Protein Buzz (GF) 2 poached eggs, potato hash brown, lettuce, lemon slice, olive oil	65k
Protein Kick (V, GF) lentil patty, hummus, avocado slices, grated carrot & beetroot, tomato relish, walnuts	75k

Apple Granola Bowl (VO, non-GF, GFO) apple-cinnamon sauce, yogurt, almonds, apple granola	65k
Vanilla Granola Bowl (V, non GF, GFO) coconut yogurt, mango mousse, papaya jam, vanilla granola, almond slices	75k
Bircher Muesli (VO, non GF) oats, apple yogurt, raisins, milk, banana, strawberries, almonds, honey	70k
Fruit Bowl (V, GF) coconut yogurt, walnuts, fruits, peppermint	65k
Chia Seed Coconut Pudding (V, GF) coconut milk, strawberries, mango, chia seeds, cashews, almonds, banana	70k
Blueberry- Banana Bowl (V, non GF, GFO) blueberry-banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	95k
Açaí- Banana Bowl (V, non-GF, GFO) açai - banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	110k
Pure Blueberry Bowl with toppings	120k
Pure Açai Bowl with toppings	135k

VEGGIES, PASTA & GRAINS

LOW CARB Mie Goreng (GF, V) konjak noodles, carrot, cabbage, spinach, ginger, garlic, onion, gf soy sauce, lime, coriander, cashews, coconut nectar, sambal matah Add protein: Chicken/Mahi Mahi/ Tempeh/ Tofu (Motion Tip: Add Chicken and 1 fried egg)	65k
Salmon Brown Rice Wok salmon, brown rice, carrot, bok choy, garlic, onion, fresh herbs, lemon, paleo dressing	125k
Feta Shrimp Quinoa Tabouleh shrimp, quinoa red & white, cucumber, tomato, mint, feta, lettuce, yogurt dressing, lemon	125k
Quinoa Pasta/ Buckwheat Noodles & Konjak Noodles GF, V +10k	
Veggie Wok (V, GF) mixed veggies, salad, tempeh, brown/ red/or jasmine rice, vegan ranch dressing	75k
Quinoa Pasta Pesto (V, GF) with almonds, green salad, mixed seeds Add cheese (Cheddar/ Parmesan) +15k	75k
Quinoa Pasta Tomato (V, GF) with tomato sauce, basil, green salad Add cheese (Cheddar/ Parmesan) +15k	75k
Pesto Zoodles (V, GF) zucchini noodles, pesto, almonds, peas, cherry tomatoes, fresh basil	95k

Add cheese +15k

New at Motion:

BUILD YOUR OWN MEAL PLAN



ALL DAY LONG MOTION FITNESS FOODS

SALADS

Mega Chicken/ Mahi Mahi Salad feta, egg, carrot, cucumber, corn, cherry tomatoes, lettuce, cashews, pineapple, avocado slices	95k
Tropical Vegan Salad (V) beetroot, organic tempeh, mixed seeds, carrot, cucumber, cherry tomatoes, corn, lettuce, pineapple, avocado slices	80k
Paleo Beef & Avocado Salad premium imported beef stripes, egg, bacon, avocado slices, cherry tomatoes, lettuce, pesto, pumpkin seeds	135k
Smoked Salmon Salad lettuce, feta, mango, avocado, walnuts	115k
Caramelized Pumpkin Salad feta, raisins, quinoa, walnuts, pumpkin seeds, shallots, lettuce	85k
Fitness Plate (V) sweet potato, broccoli, spinach, mushrooms, cucumber, capsicum, hummus, carrot-capsicum dip	80k
Salmon Quinoa Bowl (GF) quinoa, cucumber, mango, avocado, cashews, sour cream, salmon, soy sauce, honey, poached egg	125k

KETO SALADS

Keto Chicken Salad shredded chicken, eggs, pickles, onion walnuts, red cabbage, lettuce, mustard-mayonnaise, cheddar cheese, dill, parsley	95k
Keto Smoked Salmon Salad smoked salmon, eggs, avocado cubes, cucumber, lettuce, walnuts, sour creme dill dressing	115k

DRESSING Vegan

Olive Oil With Balsamic or Lemon Italian Vinaigrette	10k
Orange - Basil	10k
Vegan Ranch	12k

DRESSING

Yoghurt-Herb	10k
Paleo Ranch	12k
Honey-Mustard	15k

HEARTY MEALS

BURGERS

choice of side dish (mixed salad/ veggies/ fries, etc.)

Lentil Burger (V) lentil patty, avocado slices, tomato, tahini	85k
Chicken Burger chicken breast, avocado slices, boiled egg, carrot, lettuce, pickles homemade mayonnaise	85k
Cheese Beef Burger beef patty, cheddar, tomato, pickle, caramelized onion, mustard mayonnaise	95k

KETO LETTUCE WRAPS

Keto Chicken/ Mahi Mahi Tacos chicken/mahi mahi, cheddar, sour cream, lettuce, avocado slices, cherry tomatoes, onions, lime, coriander, lemongrass	85k
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CURRY & SOUPS

add veggies/ grains/ proteins/ breads

Chickpea Curry (V, GF) chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, sweet paprika powder, coconut cream	75k
Chicken-Cashew Curry (GF) chicken, carrot, green bean, capsicum, coconut cream, turmeric, onion, garlic, lemon grass	85k
Lentil Soup (V, GF) brown lentils, carrot, capsicum, parsley (option to blend)	75k
Magic Chunky Veggie Soup (V, GF) mixed veggies, spirulina, sesame, parsley (option to blend)	75k
Pumpkin Soup (V, GF) pumpkin seeds, parsley, coconut cream	75k

GF- Gluten-free / GFO- GF Option / V-Vegan / VO-Vegan Option

Check our **Tuck Shop** to take your favorite items home!

ALL DAY LONG MOTION BONE BROTH

CHICKEN/ BEEF BONE BROTH

Organic Chicken Bone Broth 480ml 12-hour-cooked organic whole chicken	85k
Organic Beef Bone Broth 480ml 12-hour-cooked organic beef bones	85k

Bone Broth is rich in collagen and minerals and is fantastic for the digestive system, relieving joint pain and osteoarthritis, detoxifying the liver, aiding in wound healing, preventing aging skin, and has a lot of other health benefits.

Drink it clear or give it a boost and choose one of our favorite combos to add to your broth:

Cleanse +10k

Finley chopped 1Tbsp. Parsley + 1Tbsp. Cilantro

Overall Wellness +15k

1Tbsp. Apple Vinegar/Lemon + thinly chopped 1Tbsp. Ginger

Heal & Energy +10k

1Tsp smashed Garlic + 1Tsp. Turmeric + black Pepper

Easy Detox +25k

½ cup cooked Sweet Potato cubes + ½ cup steamed Broccoli
 + 1Tsp Parsley

Experience the power of food as medicine!

Bone Broth Detox

Anyone who is frequently experiencing health issues can benefit from this DETOX, as well as those dealing with digestive problems such as leaky gut, autoimmune disorder symptoms, fatigue and sleeping disorders.

Chicken or Beef Bone Broth?

The best option is a combination of both, since they both provide different nutrients and flavours.

Order your complete **Motion Bone Broth Detox** and learn more about our Meal Plans here:



or stock up in our **Café Tuck Shop** or at one of our partners and create your own Detox.

Recommended is a 1-3 days Bone Broth Detox + adding herbs/spices and other ingredients that suit your detox plan.

We recommend: 1,5l per day= 3 jars Motion Bone Broth

***Motion Tip:** Add 1 Spoon of Ghee to your Bone Broth +15k

ALL DAY LONG HOMEMADE TREATS

SNACKS, BARS & MORE

Oat Cookie (V, non GF) oats, whole wheat flour, coconut oil, coconut nectar, vanilla	30k
Peanut Choco Cookie (V, non-GF) oats, cassava flour, coconut, coconut nectar, peanut butter, choco chips	30k
Choco Protein Cookie (GF) vegan protein powder, coconut flour, egg, peanut butter, vanilla, erythritol, chocolate	30k
Vegan Keto Bar (V) almond flour, roasted almonds, cashews, walnuts, coconut fat, vanilla, erythritol, stevia, flaxseeds, speculates spice	65k
Raw High Protein Bar (V, non-GF) soy protein powder, maple syrup, oats, chia seeds, coconut milk, cashews, coconut flakes, almonds	65k

Keto Bounty Ball (V) coconut, coconut oil, coconut cream, stevia, cacao powder	35k
Blueberry Protein Ball (V, GF) Blueberries, Coconut, Almonds, Orange Zest, Dates, Pumpkin Seeds, Coconut Nectar, Vanilla, Cinnamon	
Coconut Energy Ball (V, non GF) Oats, Flax Seeds, Sunflower Seeds, Peanut Butter, Coconut Syrup, Coconut Flakes	
Spirulina Protein Ball (V, non GF) Spirulina, Pumpkin Seeds, Sunflower Seeds, Vanilla, Oats, Coconut Nectar, Sesame Seeds, Lime Juice	

TREATS IN A JAR Dine-in or take me Home!

Keto Chia Seed Pudding (V) chia seeds, coconut milk, vanilla, peanut butter, almond extract, cacao powder	65k
Keto Choco Coffee Mousse (V) coconut milk, avocado, coconut oil, vanilla, cocoa, coffee, stevia, protein powder	65k
Fruity Chia Seed Pudding (V) coconut cream, chia seeds, coconut syrup, almonds, 5 spices, seasonal fruit mousse	65k

Motion Bars: Protein/Vegan Protein (non GF)	40k
Salty Snack (curried nuts & seeds) 200g	85k
Power Snack (nuts, cocoa beans & gojis) 200g	85k

HEALTHY CAKES (GF)

Tropical Cashew Cheese Cake (V, non-GF) chia seeds, almond milk, oats, soy protein powder, erythritol, shredded coconut, cinnamon, vanilla, coconut oil, cashews, coconut cream, lemon, agar agar, passionfruit, mango	65k
Triple Chocolate Cake (GF) Egg, Yoghurt, Raw Chocolate, Peanut Butter, Cassava, Coffee, Butter, Vanilla, Erythritol, Honey	65k
Zucchini Chocolate Chip Muffin flax seeds, cassava flour, honey, cacao, red rice flour, sweet potato flour, zucchini, apple, cinnamon, coconut oil	45k
Carrot Cake (GF) almond flour, eggs, carrot, shredded coconut, honey, coconut oil, apple sauce, cinnamon, vanilla	45k
Blueberry Cashew Cheese Cake (V, non-GF) mixed bars, choco chip, coconut oil, cashews, coconut nectar & syrup, lemon juice, coconut cream, vanilla, blueberry, chia seeds, cinnamon, cardamom, cloves	65k
Paleo Blueberry Crumble (V) almond flour, blueberries, maple syrup, cinnamon, vanilla	65k
Apple Banana Walnut Crumble (P, GF) banana, egg, maple syrup, coconut oil, almond flour, cinnamon, walnuts, apple	45k
Light Chocolate Brownie (GF) cassava flour, eggs, butter, yogurt, honey, walnuts, espresso, cocoa	45k
Protein Apple Muffin (non-GF) coconut yogurt, apple, oats, stevia, whey protein vanilla, erythritol, eggs, cinnamon, unsalted butter	55k
Creamy Keto Lemon Slice (GF) almond flour, coconut oil, vanilla, stevia, lemon juice, egg, coconut flour, poppy seeds	55k

MOTION DRINKS COLD

We have **sustainable** and **compostable** **Takeaway Cups** and **Lids!**
+5k if you want to take our drinks to-go

HEALTHY FITNESS DRINKS 600ml

HEAL MEDICINE -Turmeric Boost V fresh turmeric, ginger, black pepper, lemon, water	55k
HEAL MEDICINE -Turmeric Boost & Honey	55k
COCO HYDRATE - Coconut Water	35k
BURN SHAPE - Slim Tonic pineapple, cinnamon, water	55K
PUSH ENERGY - Green Lean Tea green tea, lemon, lime, water	55K
FUEL MINERAL - Probiotics & Electrolytes apple vinegar, ginger, turmeric, lemon, clove, anise, cinnamon, black pepper	55K
FLUSH DETOX - Pure Elixir parsley, ginger, lemon, cucumber, water	55K

PROTEIN SHAKES

PROTEIN SHAKES 600ml

Whey / Soy (V) / Pea (V) Protein Shake Flavor: Vanilla / Chocolate -with water	55k
Fresh Milk / Skim Milk	65k
Soy Milk / Coconut milk / Coconut Water	70k
Almond Milk / Oat Milk	75K
Add 1 Scoop Protein (28g)	35K

PROTEIN SHAKES 600ml

GAINER PROTEIN SHAKE (non-GF) vanilla whey/plant/soy protein, oats, cocoa powder banana, peanut butter, almond milk, dates	95k
MOCHA PROTEIN SHAKE chocolate whey/soy/plant protein, espresso, banana, peanut butter, almond milk	90k
THE BURNER vanilla whey/plant/soy protein, cinnamon, moringa, turmeric, chili powder, cocoa beans, almond milk	95k
THE POWER GREEN vanilla whey/plant/soy protein, spinach, moringa, orange & lemon juice, banana	105k
AÇAÍ PROTEIN SHAKE vanilla whey/plant/soy protein, açai berries, mixed berries, banana, mint, almond milk	105k
KETO PROTEIN SHAKE vanilla whey/plant/soy protein, avocado, spinach, plant protein, powder, coconut milk, coconut oil, matcha powder	95k

FRESH COLD PRESSED JUICES 400ml

FROG - apple, parsley, spinach, basil, cucumber, lemon, ginger	55k
SEXY - beetroot, carrot, orange, ginger	55k
ALKALINE - cucumber, mango, celery, spinach, orange	55k
DETOX - beetroot, carrot, apple, ginger, lime	55K
ORANGE - fresh squeezed oranges, ice	55K
MAGIC - watermelon, pineapple, orange, mint	55K
GOLD - pineapple, orange, lemon, ginger	55K

SHOTS - IMMUNE BOOSTER

Beetroot / Turmeric / Apple Cider Vinegar/ Papaya Leaf/ Wheat Grass / Ginger / Spirulina	30k
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SMOOTHIES 400ml

Green - spinach, banana, lemon, parsley, flax seeds, yogurt	60k
Tropy - banana, mango, flax seeds, yogurt	60k
Passion - passion fruit, mango, pineapple, banana, coconut cream	60k
Berry - strawberry, blueberry, banana, flax seeds, yogurt (Pure Blueberry + 25k)	60K
Açaí - açai, blueberry, banana, strawberry, mint, almond milk (Pure Açai +25k)	95K

MILKSHAKES 400ml

Banana-Peanut-Almond banana, peanut butter, vanilla ice cream, almonds, fresh milk	48k
Avocado-Chocolate avocado, fresh milk, vanilla ice cream, cocoa powder	48k
Vanilla Bean vanilla, fresh milk, vanilla ice cream, honey Change Milk to Soy or Coconut Milk	48k 55K
Change Milk to Oat or Almond Milk	60K

MOTION DRINKS HOT/ICED

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+5k if you want to take our drinks to-go

TEA

Green Jasmine / Pure Green Tea / English Breakfast	28k
Chamomile / Peppermint	30k
Homemade Chai Tea / Slimming	35k

HOT COFFEE

Espresso	25k
Double Espresso	35k
Single Macchiato	28k
Double Macchiato	37k
Piccolo	30K
Cappuccino	32K
Cappuccino Grande	40k
Cappuccino Big Mug 400ml	48k
Flat White	32k
Latte	32k
Americano (1 Shot)	30k
Long Black (2 Shots)	38k
Moccachino	37k
Decaf coffee	+10k

Bulletproof Coffee

MCT, ghee, espresso, cinnamon, vanilla, pink salt

Regular	55k
Large	70k

ICED COFFEE

Iced Latte	37k
Iced Cappuccino	37k
Iced Frappuccino	37k
Iced Black Coffee	35k
Iced/Hot Coffee With Vanilla Ice Cream	55k
Iced Chocolate Frappuccino	37k

HOT DRINKS

Golden Spice Latte (Tip: add espresso)	32k
Chai Latte	35k
Matcha Latte	35k
Babyccino	15K
Hot Chocolate	30K

EXTRAS

Espresso Shot	10k
Fresh Milk / Skim Milk	5k
Coconut Milk / Organic Soy Milk	10k
Almond Milk / Oat Milk	15k
Coconut Syrup / Honey / Maple Syrup	5k

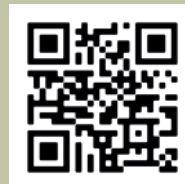
Balian Sparkling 330ml	35k
Balian Still 330ml	25k
Lemon Squash 600ml	45k
Kombucha- various flavors	49k
Whole Coconut	35k

ALCOHOLIC BEVERAGES

Bintang Small	35k
San Miguel Light	40k

Scan our QR Code to get the

Macros for all our dishes & drinks!



Get more information about all our

Meal Plans and order here:

